

## Busyness Quiz

By Valorie Burton (from her book, *How Did I Get So Busy?*)

- ☐ I feel as though I am constantly trying to catch up at work.
- ☐ I feel as though I am constantly trying to catch up with personal responsibilities.
- ☐ My life feels out of balance.
- ☐ My life right now is shallow.
- ☐ I am regularly late to appointments and scheduled activities.
- ☐ There's rarely a break in my schedule.
- ☐ My shoulders are not relaxed right now.
- ☐ I eat lunch at my desk at least once per week.
- ☐ I sometime work straight through lunch.
- ☐ I have not had a vacation longer than seven days in the last year.
- ☐ A seven-day vacation? I've never even had one of those.
- ☐ I have not gotten together with friends for fun and conversation in over a month.
- ☐ Keeping up with household chores is a struggle because of time constraints.
- ☐ I am dissatisfied with the amount of quality time I am able to spend with my spouse or significant other.
- ☐ I don't take time to exercise.
- ☐ I resent the things I do for family or friends because I have little or no time for myself.
- ☐ The fuel light in my car has come on during the last two months because I have not had time to stop for gas.
- ☐ My mail is piled up because I haven't had time to open or sort it.
- ☐ I have missed paying a bill on time in the last three months because I was too busy to notice.
- ☐ I sometimes run out of clean clothes because I haven't had time to do the laundry.
- ☐ I don't have time to write thank you notes.
- ☐ My to-do list rarely gets completely checked off for the day.
- ☐ I work late more than once per week.
- ☐ At least once per week, I skip meals because I am too busy.